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Articles written by the center

For a discussion about any of these articles please go to join Dhammasukha group and bring up the topic. We are happy to discuss it with you .

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NEW POSTS

[Proof the Buddha talked about the Brahmaviharas more than Breath](#)

by David Johnson

[Proof the Buddha talked about and promoted Jhana Practice \(vs some other method\)](#)

by David Johnson

Introductory Material:

[What is Buddhism?](#)

Actually a Dhamma talk transcript, but an excellent introduction.

[Benefits of Meditation](#)

by Khanti-Khema

[The Teacher](#)

by Khanti-Khema Jan-06

[Meeting a Monk](#)

by Ven. Bhante Vimalaramsi

[What did the Buddha do?](#)

by Khanti-Khema 01-Jan-06

[What was the Buddha doing?](#)

by Ven. Sister Khema 09-Nov-09

Getting Started:[Simple, Easy to Understand 'Mindfulness'](#)
by Bhante Vimalaramsi and Sister Khema 29-Nov-06

[Walking Meditation](#)
by Rev. Sister Khema 11-May-12

[What is Anatta?](#)
by Ven. Bhante Vimalaramsi 18-Jan-03

[Hindrances: Up Close and Personal](#)
by Ven. Bhante Vimalaramsi, Brian, KK

[Seeing Craving for Exactly What It Is](#)
by Khanti-Khema 14-May-04

[Words-Words-Words](#)
by Ven. Bhante Vimalaramsi and Khanti-Khema 26-May-06

[Identifying the Key to Freedom](#)
by Kanti-Khema 09-May-06

[Sister Khema's Samaneri Ordination Talk](#) 07-Sep-06

[Dependent Origination](#)
by Sister Khema 10-Sep-06

NEW SERIES:

[What do you know and How do you know it?](#)
by Ven. Bhante Vimalaramsi 2006

[The 8-Fold Path in Practical Terms](#)
by Ven. Bhante Vimalaramsi Aug-06

Further Study:

[General Forgiveness Meditation](#)
by Venerable Bhante Vimalaramsi

[What is the Beautiful](#)
by Kanti-Khema 26-Mar-06 - Revised June 2013

Other Issues:

[Headache Advice](#)
by Ven. Bhante Vimalaramsi 24-Jan-06

[Ways to Save Life](#) and live harmoniously

with wildlife and other creatures (PDF)

Transcendence

by Sister Khema 24-Feb-09

Vegetarianism 16-Jun-09

Retreat Class Handouts:

5 aggregates chart

8 Fold Path Reworded

No Fighting ... No War !

Retreat Refuges, Precepts, and Verses

Chart of 6 Rs

Never Mind Game

By Sister Khema

Other articles of interest:

Articles we encourage you to take a look at for discussion: What's up with Buddhism in the West? Time for an objective examination..... encouraged investigation below.

"Still crazy after all these years: Why Psychotherapy isn't Buddhism" One of the most timely and well written articles on the evolution of Western Buddhism today and why we don't succeed with the Buddha's instructions, by Patrick Kearney presented by Buddhnet posted here on 12-25-04

Symptoms of Inner Peace by Saskia Davis

Five Visions of a Dying Man An article about the five visions that can occur before death.

By Ven. Rastrapal Mahathera

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